Breakfast and Lunch Meal Carb List 23/24

Breakfast Items	Carb Count		Lunch Items	Carb Count		Fruit/Veg	Carb Count		Milk/Juice	Carb Count
Poptart	75		Walking Taco	52		Carrots	8		White Milk	16
Pan Dulce	34		Fried Chicken Drumstick/Waffles	73		Celery	2		Choc Milk	20
Breakfast Burrito	44		Grilled Rib BBQ Sandwich	40		Broccoli	3		Appleberry Juice	27
Muffin	39		Orange Chicken, Fried Rice	57		Apple (variety)	19		Orange Juice	28
Cereal (variety)	25		Wings of Fire + Biscuit	75		Grapes	10		Apple Juice	28
Honey Bun	39		Turkey Deli Wrap	63		Pear	27		Strawberry Milk	20
Smoothie w/ Granola	34		Spicy Chicken Sandwich	46		Tangerine	11			
Glazed Breakfast Bites	39		Cheeseburger	30		Kiwi	10			
Choc Donuts	40		Yogurt Parfait	82		Banana	26			
Pow. Donuts	40		Pizza	38		Nectarine	14			
Cinnamon Roll	54		Uncrustable	64		Plum	8			
Breakfast Bowl	33		SW Chicken Salad	94		Dried Craisins	28			
Coffee Cake	32		Chicken Caesar Salad	24		Sidekicks	23			
Bagel w/ Cream Cheese	34		Savory Crackers	15						
Mini Pancakes	36		Pretzel Dog	40						
Cherry Frudel	36		Corn Dog	27						
Cinnamon Frudel (Mini)	36		Chili Cheese Fries	61						
Pancake Wrap	17		Turkey Deli Sandwich	55						
Benefit Bar	47 or 48		Burrito- Bean & Cheese	42						
Raspberry Pound Cake	36		Loaded Carnitas Fries	47						
Lemon Pound Cake	36		Taco Nada	40						
Breakfast Pizza	27		Stuffed Pepperoni Sandwich	31						
Sausage Pancake Wrap	17		Penne Alfredo with Chicken	31						
			Grilled Cheese Sandwich	30						

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Breakfast Items	Carb Count		Lunch Items	Carb Count		Fruit/Veg	Carb Count		Milk/Juice	Carb Count	
GF Bagel w Cream Cheese	48		GF Southwest Chicken Salad w/chips	79		Carrots	8		White Milk	16	
GF Blueberry Muffin	36		GF Bison Box			Celery	2		Choc Milk	20	
Rice Chex Ceral & 4 oz. Yogurt			Parfait w/chips			Broccoli	3		Appleberry Juic	27	
Breakfast Bowl w/chips	34		Ceasar Salad			Apple (variety)	19		Orange Juice	28	
			GF Deli Sandwich w/chips	106		Grapes	10		Apple Juice	28	
			GF Deli Sandwich	75		Pear	27				
						Tangerine	11				
						Kiwi	10				
			GF Pizza	46		Banana	26				
			GF Pizza & Corn Chips	77		Nectarine	14				
						Plum	8				
						Dried Craisins	28				
						Sidekicks	23				

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